

Pickled Eggs

Prior to the days of refrigeration, pickling eggs in vinegar was used as a preservation method. Pickled eggs are delicious served with deli meats for a light dinner, as an appetizer, or on a picnic. Try making your own pickling spice mixture!

- **Ingredients**

- 12 hard-cooked eggs, peeled
- 1 cup (250 ml) white vinegar
- 1 cup (250 ml) water
- 1 tbsp (15 ml) granulated sugar
- 2 tsp (10 ml) pickling spice
- 1 tsp (5 ml) salt

- **Instructions**

- Step 1 Combine vinegar, water, sugar, pickling spices and salt in small saucepan.
- Step 2 Bring to boil, stirring frequently, until sugar dissolves. Reduce heat to low, cover and simmer for 10 minutes. Strain liquid through sieve or cheesecloth, if desired.
- Step 3 Place eggs in 4-cup (1 L) jar with lid. Pour hot liquid over eggs into each jar; Cover jar with lid.
- Step 4 Refrigerate for at least two days before using.

Pickled Egg Tips:

Beet Pickled Eggs:

Add a cooked peeled sliced beet to the pickling liquid to make beautiful magenta coloured pickled eggs.

Jalapeño Pickled Eggs:

Add a sliced jalapeño pepper (remove seeds for milder flavour) to jar before sealing. Add 1/4 cup (60 ml) steamed spinach for green colour and mild spinach flavour if desired.

Spiced Pickled Eggs:

Add 1/4 tsp (1 ml) each mustard seeds, coriander seeds, cloves, and turmeric and 1 star anis to pickling liquid to make spiced and golden-coloured eggs.

Pickled eggs will keep for one month in the refrigerator.

To make your own pickling spice mixture, use 1 tsp (5 ml) peppercorns, 10 whole cloves, 1 bay leaf and 2 dried whole chili peppers.

For a quick method of pickling eggs, place hard-cooked eggs in pickle or pickled beet juice. Refrigerate at least two days before serving.

Keep a supply of pickled eggs in your refrigerator for a quick, healthy snack. Use pickled eggs to make egg salad or devilled eggs. Slice them for a sandwich filling or chop them to garnish a salad.

To Make Hard-Cooked Eggs: Place cold eggs in a single layer in a saucepan. Cover with at least 1-inch (2.5 cm) cold water over top of the eggs. Cover saucepan and bring quickly to a boil over high heat. Immediately remove pan from heat to stop boiling. With lid on saucepan, let eggs stand in water for 18 to 23 minutes. Drain water and immediately run cold water over eggs or let them sit in cold water until cooled. Crackle shell all over on hard surface, then roll egg between your hands to loosen shell. Begin peeling at the large end. Hold under cold running water to help remove the shell.

Serves: 12 Time to prepare: 10 min Time to cook: 12 min